



group FIT schedule

	Mon	Tues	Wed	Thurs	Fri	Sat
5:15 – 6:15		Cardio Circuit Fusion		Cardio Circuit Fusion		
6:00 – 6:50					Spin Core	
6:15 – 7:15		BODYPUMP				
7:00 – 8:00	Zumba		Cardio Kickboxing	Yoga	Zumba CORE	
9:00 – 10:00						BODYPUMP
10:15 – 11:15						Zumba
12:30 – 1:15			BODYPUMP		BODYPUMP	
5:00 – 6:00		BODYPUMP		BODYPUMP		
5:10 – 6:00	Spin – The Workout!		Spin – The Workout!			
6:00 – 7:00	KRAV MAGA (level 1)	Spin – The Workout!	KRAV MAGA (level 1)	Spin – The Workout!	Spin – The Workout!	
		KRAV MAGA (level 1)		KRAV MAGA (level 2)		
7:00 – 8:00	KRAV MAGA Heavy Bag	KRAV MAGA (level 2)	KRAV MAGA Heavy Bag	KRAV MAGA (level 1)		

BODYPUMP: This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Cardio Circuit Fusion: This unique cardio class combines strength, endurance and core training into a high-energy, fast-paced workout. After a thorough warm-up, participants transition into various stations that focus on strength and core conditioning.

Cardio Kickboxing: High-intensity workout that includes kicks, punches, speed bag, shadow boxing, jump rope drills and plyometrics.

Spin – The Workout!: Hit the hills, power the sprints, chase down the competition, and learn firsthand the word “endurance”. Cycling is great for everyone at all levels, from beginners to the advanced athlete.

Yoga: This Ashtanga-inspired yoga class offers high-intensity endurance exercises designed to build strength and stamina. There’s no chanting, no sage-burning, no talking about your feelings...just a good butt-kicking.

ZUMBA: The hottest Latin aerobic/dance workout around. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

ZUMBA CORE: Great cardio/core workout. Thirty minutes of ZUMBA aerobics followed by 20-30 min’s of core and sculpting.

Krav Maga™ (*premium program, additional fee*): Krav Maga is one of the fastest growing martial arts systems in the world today. You will increase your endurance, stamina, strength and flexibility. Krav Maga’s training methods and games create a fantastic fitness workout you’ll love. You will gain valuable street smart self-defense skills with each class you attend.